

# IMET2000-Pal Newsletter

MARCH 2025

No.

100



**Prof Colin Green**  
Founder, Director of Overseas  
Development & Treasurer



**Prof Malik Zaben**  
Chief Executive Officer of  
IMET2000



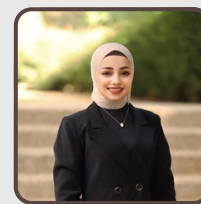
**Mr Fady Zaben**  
IMET2000-Pal Representative



**Eng Alia Taradeh**  
Administrative Assistant



**Dr Ahmed Rjoub**  
Medical Education Officer



**Ms Marah Qatoni**  
Nursing Education Officer

## *What's in this month's issue: ?*

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100<sup>th</sup>

*Newsletter*



## IMET2000-Pal Launched the First Stress Relief and Management Workshop for Palestinian Medical Staff

IMET2000-Pal launched the first workshop in its Stress Relief and Management Programme on Wednesday, 26 February 2025. The workshop was organised in collaboration with the Assistant Undersecretary's Office / Department of Continuing Education for Hospitals and Emergency Affairs at the Palestinian Ministry of Health.

Targeting doctors and nurses working in emergency departments, intensive care units, and primary care emergency centres, the workshop aimed to raise awareness of stress reduction, equip participants with effective stress management strategies, and foster a supportive work environment that promotes mental well-being. This initiative holds particular significance given the challenges faced by healthcare providers in the West Bank.



Led by Dr Afaf Rabee, Psychological Support Officer at the Universal Education Foundation (UEF Palestine), the workshop featured interactive activities designed to help participants identify and manage psychological stress, enhance self-communication skills, and implement emotional release strategies and self-care techniques.

Participants praised the workshops' value, noting their positive impact on medical staff's mental health and stressing the need to continue such initiatives for a supportive work environment.



## **IMET2000 Supports Dr Nader Sarhan in his Sub-Specialisation in Interventional Oncoradiology**

IMET2000 has provided support to Dr Nader Sarhan, a physician at Beit Jala Governmental Hospital in Bethlehem, during his fellowship training in Interventional Oncoradiology at the King Hussein Cancer Centre in Jordan.

This support aims to equip Dr Sarhan with hands-on experience in the latest interventional radiology techniques, contributing to the improvement of oncology care in Palestine.

Expressing his gratitude, Dr Sarhan thanked IMET2000 for this valuable opportunity, emphasising that the training will enable him to gain advanced practical expertise, ultimately enhancing the delivery of innovative and effective treatments in this critical field.

IMET2000 remains committed to supporting the Palestinian healthcare sector by providing funding, grants, and specialised training programmes across various advanced medical fields.

### **This is what Dr Sarhan had to say:**

***“I want to sincerely thank IMET2000 for awarding me the scholarship in Interventional Radiology at the King Hussein Cancer Centre in Jordan.***

***This opportunity means a lot to me and will help me gain the skills needed to support oncology patients in the West Bank, where this specialty is greatly needed.***

***With this training, I will be able to provide better care for cancer patients who currently have limited access to specialised treatments.***

***I am truly grateful for this chance and will do my best to use this knowledge to help those in need.”***



**Dr Nader Sarhan**

## IMET2000 Conducted Stop the Bleed Training Workshop

Monday, 3rd March 2025, IMET2000 in collaboration with Birzeit University, conducted a STOP THE BLEED training accredited by the American College of Surgeons. The course, held at the IMET2000 Training Centre in Ramallah, was attended by 15 nursing students from Birzeit University.

The training was led by Mr Fady Zaben, the representative of IMET2000-Pal, who commenced with a comprehensive introduction, emphasising the significance of the course. He highlighted its critical importance in equipping individuals with the skills to intervene in life-threatening bleeding incidents, which can occur in various everyday situations.

Following the theoretical segment, participants applied their knowledge through structured scientific and practical exercises. Using specialised mannequins and realistic scenarios simulating both adult and paediatric cases, they practised essential bleeding control techniques.



# IMET2000-Pal Organised Two Basic Life Support Training Workshops

IMET2000-Pal organised two training workshops on 10th and 19th March 2025, attended by 15 doctors and nurses from various hospitals. The workshops, titled:

## Critical Core Training: Basic Life Support (BLS) for Healthcare Professionals

the workshops were held at the IMET2000-Pal Training Centre and An-Najah Heart Training Centre. The sessions aimed to equip participants with essential skills in cardiopulmonary resuscitation (CPR) for adults, children, and infants, as well as the proper use of Automated External Defibrillators (AEDs) through both theoretical instruction and practical application.

The training was delivered by certified instructors from the Modern College University Heart Centre and An-Najah Heart Training Centre, accredited by the American Heart Association (AHA).



10 March 2025



19 March 2025

## **IMET2000 Awarded Dr Abdelrahman Mohammad a Sponsorship for Clinical Attachment in the UK**

Dr Abdelrahman Mohammad has been awarded a clinical attachment grant from IMET2000 for a clinical training placement in the Department of Nephrology at Walsall Healthcare System - NHS Trust in the UK.

This prestigious opportunity spanned three months and enabled Dr Abdelrahman to engage in the work environment of the National Health Service (NHS) in the United Kingdom, providing him with invaluable experience that will enhance his medical skills and practical knowledge.

IMET2000 extends its heartfelt congratulations to Dr Abdelrahman on this new accomplishment and wishes him continued success and excellence in his professional journey, aspiring to become a source of pride and an exemplary ambassador for the Palestinian medical sector.



### **This is what Dr Abdelrahman had to say:**

*"I would like to express my sincere gratitude for your generous support and assistance throughout my application process for the Clinical Attachment Programme at Walsall Healthcare NHS Trust. I am truly honored to have been accepted into this prestigious programme, and I deeply appreciate the grant you have offered to assist with my travel and accommodation expenses.*

*Your belief in my potential means a great deal to me, and I am excited for the opportunity to further my medical career through this valuable experience. I would also like to thank you for making this process seamless and for your continuous guidance."*